Overview

The Time Machine Diet weight loss method aims to return your body to its younger, leaner, healthy self.

Using age-tested and undeservedly forgotten methods and recipes that go far back in time, this approach helps heal a body with real food instead of medications.

The approach consists of three prongs:

- Replacing sugary and starchy food and drink with their healthy equivalents
- Cultivating healthy gut bacteria with delicious home-made fermented foods
- Intermittent fasting to produce swift and sustained weight loss

While all three aspects work in concert to create a remarkable effect, each of them separately will also be highly beneficial. Thus, the method has much to offer to a wide-ranging audience, addressing a dynamic variety of health needs and desires.

The book is available in paperback and electronic formats, from many local and online stores and from the author's website. Website http://timetraveldiet.com/ also provides follow-up articles and recipes continuously supporting readers in their quest to healthier life.